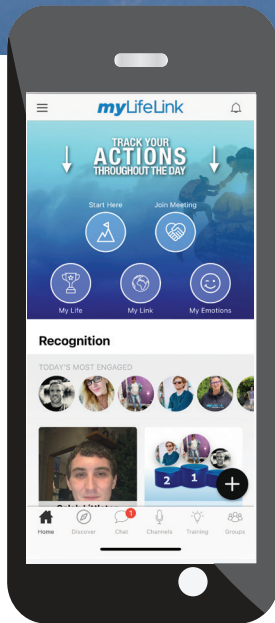


myLifeLink

Reconnecting with life, together



What is myLifeLink?

myLifeLink is a free sober community app providing virtual connection, meetings and other tools to those suffering from substance use disorder and behavioral addiction

myLifeLink is a community that brings those facing the struggle of addiction to common ground — a chance to connect, share, start, and continue a path of recovery together. A free app, myLifeLink allows users to track the daily actions and emotions that play a major role in maintaining sobriety. Channel content and training programs built into the app help the community build life skills to support their recovery. myLifeLink can also be used by physicians, hospitals, therapists, peer coaches and behavioral health clinics as a recovery tool to offer patients after discharge for long-term outcomes and success.

“What our community is saying...”

“When I joined myLifeLink I was at my lowest point in my life and now reflect on how amazing my new life is today. I have realized that I am not alone in this struggle and made the choice to change and get sober.” ~ Michael T

“My long term recovery includes several layers, all require action...myLifeLink and the sober tribe is a very positive layer to my recovery program. The daily meetings, accountability features and connection with others in recovery has been an invaluable addition to my recovery tool box” ~ Dan P

“This app has allowed me to grow and remain sober for another 6 months before I knew it. I have made so many healthy friendships and most of all I never feel judged here.” ~ Shirley B

“This community has impacted my life dramatically. Tomorrow I'll have 90 days sober – I never thought I could do it and be happy at the same time” ~ Janet L

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Download myLifeLink and join our community today!

Visit www.mylifelinkapp.com,
scan the QR code,
or download the app from the
App Store or Google Play.



How can *myLifeLink* help?



1. Track your daily actions to stay sober and help others

Set your morning intentions and log the activities you take every day to keep you healthy, sober and to help others. Reflect at the end of each day and show the community your commitment to your recovery.



2. Connect with our recovery community

Use our tags to search for people like you, message and meet up based on shared interests. We have tags for everything from hobbies, addictions and education to medical conditions, trauma, occupations and sobriety milestones.

Use our comments and “like” to support and encourage other *myLifeLink* members.



3. Share your accomplishments

Use our video or photo verify features along with comments to personalize the actions you are taking to stay sober and help others.



4. Discover recovery news, blogs, podcasts and more

Our channel content is customized for people in recovery. We post virtual recovery meetings, live news, blogs, vlogs, podcasts, tips for healthy living, meditation and much more so our community can stay up to date and informed on these things we need to do to stay healthy and in recovery.



5. Use our training section

Our training content teaches members on various topics such as at home workouts, yoga, moving meditation and other wellness solutions. Check out the 12-steps and mind hacks as well!



6. Join a live virtual meeting

myLifeLink hosts daily meetings via zoom to any members wishing to have a more interactive experience. We often do topic based meetings such as the emotional sobriety, acute and post-acute withdrawal syndrome, nutrition, medication, science of addiction and the “addict brain” and many more topics for our sober members.

About *myLifeLink*

myLifeLink is a community that brings those facing the struggle of addiction to common ground – a chance to connect, share, start, and continue a path of recovery together. Founded by a recovering addict, *myLifeLink* is available through the App Store and Google Play. For more information, visit www.mylifelinkapp.com.



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INSTAGRAM

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